

# Phoenix VA Adaptive Sports Program

January 2022

Adaptive Sports Clinics  
offered this Season:

Volume 7, Issue 1

## Phoenix VA Adaptive Sports News

- Phoenix Peloton
- Orientation Group (VVC)
- Hiking
- Powerwalking
- Wheelchair Tennis
- NVGAG Training
- ASU Clinics
- Archery
- Pickleball
- ...And more

**N**ew clinics are starting January 10th! Be sure to register as soon as possible. You can register by responding to this email, calling one of the numbers below, or sending a secure message to Adaptive Sports (Josh Parks).

**\*\*Registration closes December 30 at 3PM\*\***

You can contact Adaptive Sports at:

Josh Parks Cell: 602-517-2675

602-277-5551 x3371

VHAPHOAdaptiveSports@va.gov

**Monday**

**From**

**0900-1100  
(9A-11A)**

## Phoenix VA and Sun Cyclery Peloton

Beginner, intermediate, or seasoned riders are all welcome to attend. We will have different groups for different speeds. Join us out at Tempe Town Lake for cycling with Phoenix Peloton!

**Mondays** from 0900-1100 starting Jan 10th

Jan 10th– Feb 14th and Feb 21st– March 28th

Tempe Town Lake Marina

**Monday**

**From  
1300– 1400  
(1P– 2P)**

## Wheelchair Tennis

A clinic offering Veterans a chance to engage in one of the fastest growing wheelchair sports in the world, Wheelchair Tennis. Veterans will have an opportunity to learn the basics of Wheelchair Tennis, while practicing various different skills and techniques. This clinic is designed for Veterans who utilize wheelchairs to ambulate.

**When:** Jan 10– Feb 14 between 1300-1400

**Location:** ASU Sun Devil Fitness Center 330 N 1st Ave, Phoenix, AZ 85003



**Tuesday**

**From  
0900-1030**

## Intro to Fly Fishing

Project Healing Waters Fly Fishing helps heal veterans with emotional and physical disabilities by involving them in all aspects of fly fishing. The Phoenix VA Adaptive Sports program and Project Healing Waters will be teaming up for to offer Fly Fishing Clinics.

**When:** Jan 11– Feb 15

**Location:** Main  
Hospital



## NVGAG Clinic

If you plan on attending NVGAG this year you **MUST** attend this clinic.

If you are +55 and interested in attending National Veterans Golden Age Games in Sioux Falls, SD let us know. National has some new guidelines for attending NVGAG and it won't fit in this newsletter.

**When:** Jan 11– June 21

**Location:** TBD

**Tuesday  
-OR-  
Thursday**

**From  
0930-1130**



**Tuesday**

**From  
0900-1000**

**-or-  
1000-1100**

## Archery

The greatest feature of Adaptive Archery is that almost anyone can do it. Adaptive Archery provides an opportunity for participation by people of any age, gender, or physical ability at any stage in their life.

Adaptive Archery clinics meet for 6 sessions. In the program Veterans will learn about safety, equipment, and adaptive techniques to use while at the archery range.

**When:** Feb 22– March 29

**Location:**

Papago Park Archery



**Wednesday**

**From**  
**0900-1000**  
**(9A- 10A)**

## Powerwalking

Powerwalking is an exercise technique that highlights speed and upper body movement. It is a moderate-impact aerobic activity that, if done correctly, can improve your cardiovascular health, joint health and overall well-being. This clinic will educate on the basic powerwalking techniques and provide an opportunity to engage in exercise outdoors. Veterans of varying ability levels and experience are welcome.

**When:** Jan 12th– Feb 16th 0900-1000

**Location:** Indian Steele Park next to Main Hospital



**Wednesday**

**From**  
**1300-1500**  
**(1PM- 3PM)**

## Trailblazer– Advanced Hiking

This clinic is for Veterans who have previously completed our beginners hiking clinic, “Hike Your Own Hike”. The hikes will include trails of moderate difficulty and elevation change, with distances ranging from 2-5 miles. Hiking locations are spread out across the valley. The purpose of this group is to offer more advanced hiking opportunities, promote physical activity and health, practice stress management techniques, and engage in an opportunity to socialize in a fun outdoor setting.

**When:** Jan 12th– Feb 16th  
1300-1500

**Location:** Trails will be  
provided



**Wednesday**

**From  
1300-1500  
(1PM- 3PM)**

## Hike Your Own Hike– Beginner Hiking

This beginners hiking clinic is for Veterans of all ability levels, with no previous participation in a “Hike Your Own Hike” clinic. The hikes will include trails of easy to moderate difficulty and elevation change, with distances up to 4 miles. Hiking locations are spread out across the valley. The purpose of this group is to introduce Veterans to safe hiking practices and preparation, new hiking experiences, stretching and stress management techniques including mindfulness, and an opportunity to socialize in a fun outdoor setting.

**When:** Feb 23th– Mar30th 1300-1500

**Location:** Trails will be provided



## Adaptive CrossFit @ ASU

**Wednesday**

**From**  
**1300-1400**  
**(1P-2P)**

CrossFit can be for EVERYONE! We'll be teaching you ways to adapt every exercise to suit your needs. All ages and fitness levels are welcome to come and experience the exciting world of CrossFit!

**When:** Jan 12th– Feb 16th  
–OR–

Feb 23rd– March 30th

**Location:** Sun Devil Fitness Center (Downtown)



**Thursday**

**From**  
**0900-1100**  
**(9A-11A)**

## Pickleball

Our Pickleball guru, Frank, has returned to share his passion of Pickleball with all who are interested in learning the game. He will teach you the basics and get you in touch with your local Pickleball courts so that one day you can meet on him on the court for a fun game!

**When:** Jan 13th– Feb 17th (Beginner) -AND– Feb 24th– March 31st (Intermediate)

**Location:** JW Marriott Desert Ridge

5350 E Marriott Dr, Phoenix, AZ 85054

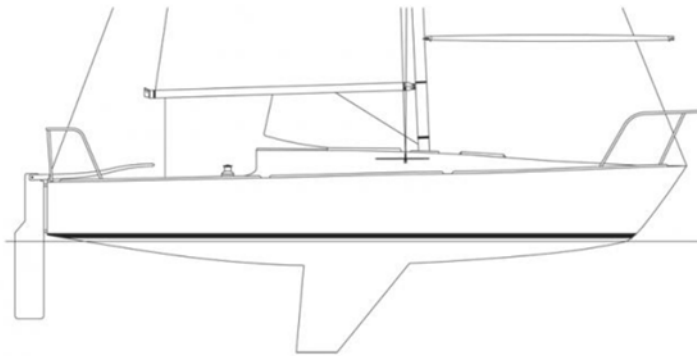


## SAILING

**\*\*To participate in this clinic you must have a diagnosis of PTSD.\*\***

Tiller and Kite Sailing has provided a unique opportunity to design, paint, and sail a sailboat for Veterans working with PTSD. This clinic will take place in stages. To participate you must commit to, and attend, all three parts. Once completed you will be certified to sail this boat! Speak with Josh for more information!

**TILLER and KITES**  
Exceptional Sailing



**BOAT TYPE: J/24**

**BOAT NAME: "REBEL YELL"**

<b>Length overall:</b>	<b>24.0 feet</b>
<b>Length at waterline:</b>	<b>20.0 feet</b>
<b>Beam:</b>	<b>8.9 feet</b>
<b>Displacement:</b>	<b>3100lbs</b>
<b>Draft:</b>	<b>4.0 feet</b>



## Upcoming National Events

Winter Sports Clinic: March 26th– April 2nd

\*Snowmass, CO\*

National Veteran's Wheelchair Games: July 7th– July 12th

\*Phoenix, AZ\*

National Veteran's Golden Age Games July 18-23

\*Sioux Falls, SD\*

**Web search the groups below for more options!**

[www.ArizonaDisabledSports.com](http://www.ArizonaDisabledSports.com)

[Arizona Spinal Cord Injury Association](#)

[City of Mesa Adaptive Recreation](#)

[Arizona Spina Bifida Association](#)

[Team RWB](#)

[Arizona Cerebral Palsy Association](#)

[Special Olympics Arizona](#)

[Disabled Sports USA](#)

[Ability360](#)

[Adaptive Sports USA](#)

[Ability 360 Sports & Fitness Center](#)

[US Association of Blind Athletes](#)

[River of Dreams](#)

[Mesa Convention and Visitors Bureau](#)

[US Paralympics](#)

[Wounded Warrior Project](#)